

# HEALTH AND HEALING FOR THE WHOLE PERSON:

## *HOLISTIC SELF CARE (Resiliency)*

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What is Health? What is Healing?

What are the dimensions of Holistic (Whole Person) Health?

What is Holistic Self-Care? How can you self-care?

What are implications for Leaders?

# Purpose of this Research:

Promote a holistic approach to health and healing to improve physical, psychological, social, and spiritual well-being for Military Members, Civilians, and Families

**WHY HOLISTIC  
Or  
WHOLE PERSON  
HEALTH?**



# WHY WHOLISTIC HEALTH?

A Wholistic approach seeks to help a person with a problem in one dimension of their life balance it with the strengths of the other dimensions (as well as see how the problem effects the other dimensions)

Therefore, a person may be able not only *survive*, but even *thrive* in the midst of serious illness, psychological challenges, and relational or spiritual problems

# Definition of Health

“Optimal health is therefore much more than the absence of disease or infirmity. It is the conscious pursuit of the highest qualities of the spiritual, mental, emotional, physical, environmental, occupational and social aspects of the human experience. . .”

Van Velden DP. The bio-psycho-social approach to health and disease.  
SADJ 2003

# Definition of Healing

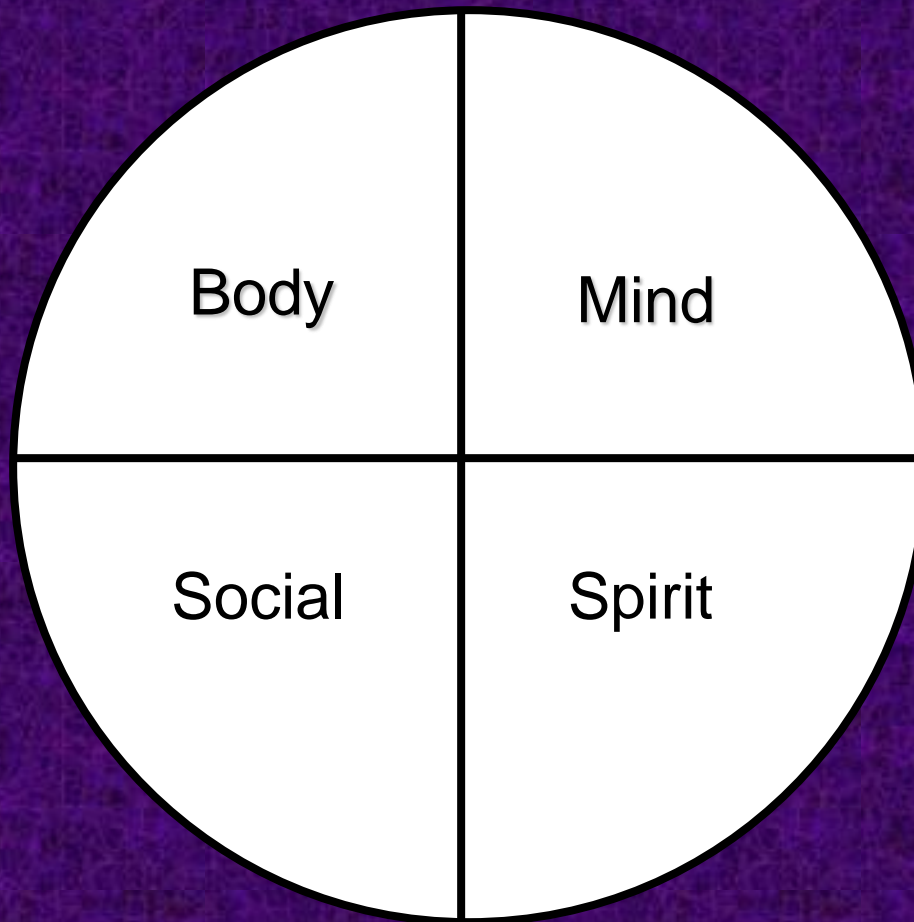
The *Dictionary of Pastoral Care and Counseling* defines healing as:

“the process of being restored to bodily wholeness, emotional well-being, mental functioning, and spiritual aliveness.”

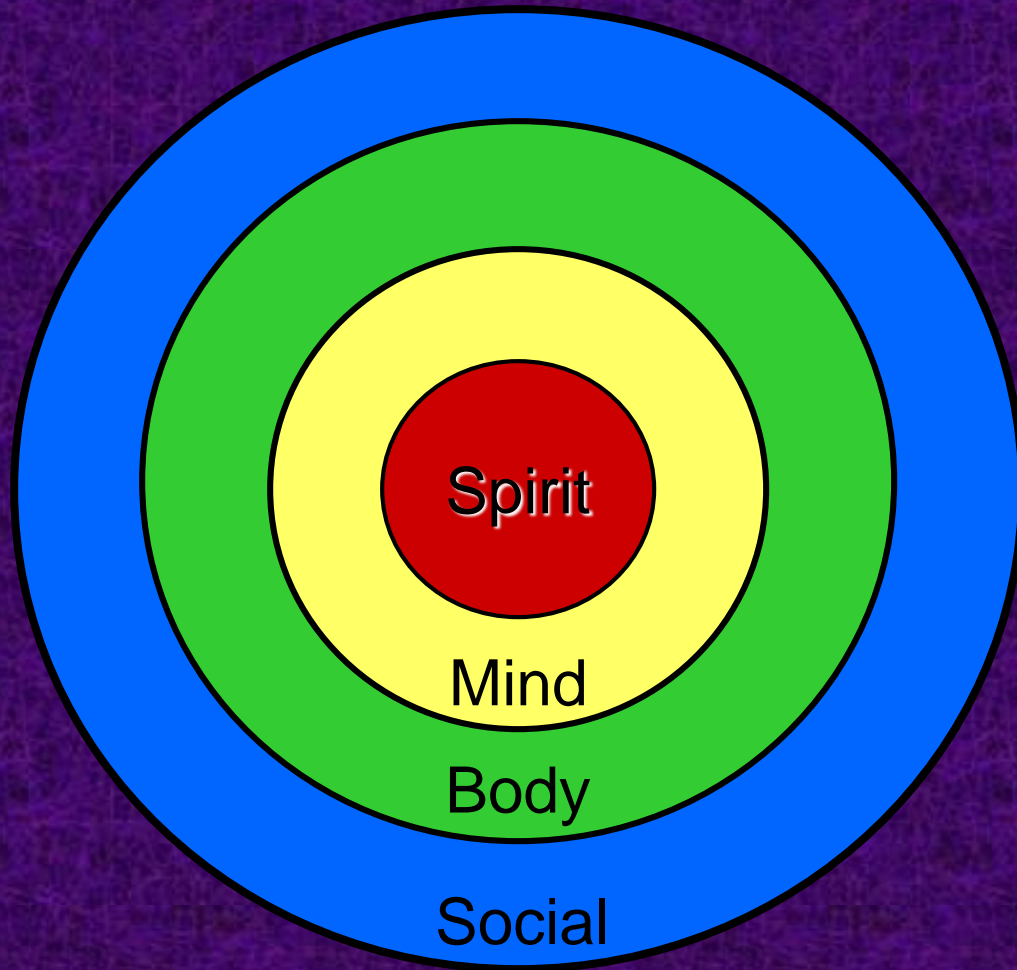
# **What are the Different Dimensions of Health?**



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**Physical**: Body, Nutrition, Medicine, Exercise

**Psychological**: Cognitive processes,  
Intellect, Emotional Health

**Social**: Relationships, Culture, Economics,  
Support Systems

**Spiritual**: Religious/moral beliefs, Ethical practice,  
Framework for Good & Evil, purpose  
of life

# **Why is Whole Person Health Important?**



**Because, there can be  
consequences if you neglect any of  
these dimensions of health!**

# CONSEQUENCES

- Acute and chronic diseases
- Mental disorders
- Social / Relational problems
- Spiritual alienation v. theodicy

# **Why is Whole Person Health Important?**

**Scientific, clinical research shows that Whole Person integration helps in all areas of health**

**What Does  
Clinical Research  
say about  
Whole Person  
Health and Healing?**



# Holistic Health & Clinical Research

Dr. Harold Koenig, in *Handbook of Religion and Health*, says the overwhelming majority of over 1,600 clinical research studies show the importance of integrating the spiritual dimension into all other aspects of health and healing

# **BENEFITS of HOLISTIC HEALTH**

- Illness Prevention**
- Coping With Illness**
- Improving Treatment Outcomes**

# **BENEFITS of HOLISTIC HEALTH**

- overall well being and happiness**
- illness prevention and longer life**
- higher physical and mental self-esteem**
- positive coping after traumatic events**
- greater social support and less loneliness**
- decreased suicide and domestic violence**
- greater marital stability and satisfaction**
- better coping with terminal illness**

# **What are the Unique Challenges to Health in the Military?**



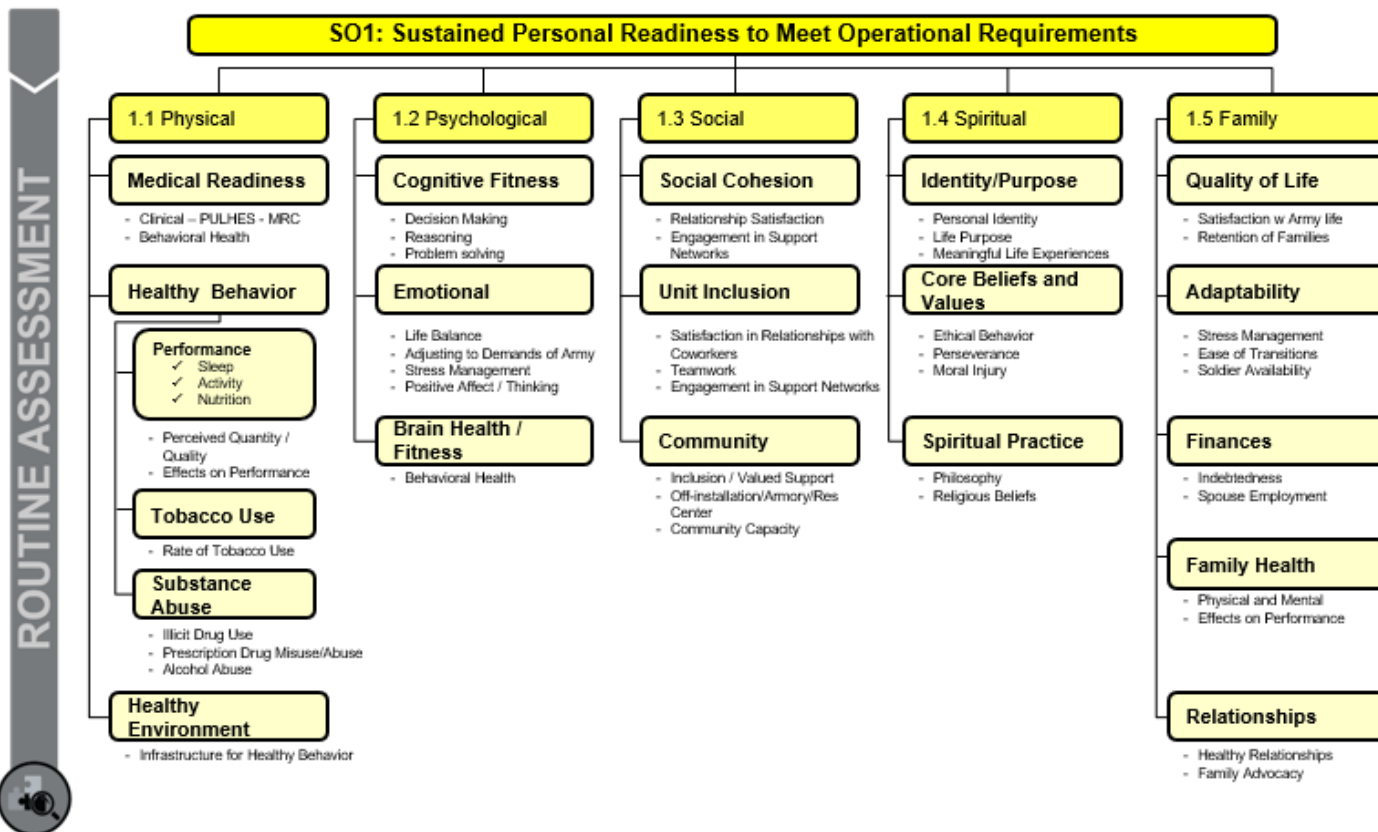
# **What are the Unique Challenges to Health in the Military?**

- Dangerous Profession**
- Relationally challenging**  
(Distance from extended Family, multiple deployments)
- Stress**  
(Effects: Physical, Emotional, Relational, Spiritual)

# Holistic View in Army Resiliency Dimensions & Strategic Objectives



## STRATEGIC OBJECTIVES OF RESILIENCY



# The Army's View of Whole Person Self Care

## Self-Care reduces Burn-Out

ArmyFit Self Development Tool

[AZIMUTH Check](#) (former GAT)

P3 - Sleep, Nutrition, Activity

[Performance Triad](#)

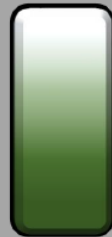
Excellence, Optimism, Trust, Purpose, Safety

[Five Dimensions of Strength](#)



### [Physical Strength](#)

- ☐ [Boost Exercise Routine](#)
- ☐ [IZOF \(Individual Zones of Optimal Functioning\)](#)
- ☐ [Build a Nutrition Plan](#)
- ☐ [Physical Fitness at Home](#)
- ☐ [Youth and Teen Fitness](#)



### [Emotional Strength](#)

- ☐ [MFLC Program](#)
- ☐ [Improve Sleep](#)
- ☐ [Engage in Self-Care](#)
- ☐ [#HTGS](#)
- ☐ [Mindfulness](#)



### [Social Strength](#)

- ☐ [Social Networks](#)
- ☐ [Share what you are doing](#)
- ☐ [SHARP](#)
- ☐ [Set a Goal](#)



### [Spiritual Strength](#)

- ☐ [Develop a positive mindset](#)
- ☐ [Explore Nature](#)
- ☐ [Read](#)



### [Family Strength](#)

- ☐ [Master Resilience Trainer](#)
- ☐ [Volunteer/Give Back](#)
- ☐ [Do a Family project](#)
- ☐ [Tutoring Services](#)
- ☐ [Financial – Economic Impact Payments](#)

Preparing a winning, ready and resilient Total Army Family for the future Army.



U.S.  
DEPT OF  
DEFENSE



DoD

Safe Helpline



# The Army's New Holistic Health & Fitness Initiative



The U.S. Army  
Holistic Health and Fitness  
Operating Concept



The U.S. Army's System  
for Enhancing Soldier  
Readiness and Lethality  
in the 21st Century



01 OCTOBER 2020

## Doctrine

The current doctrine, Field Manual (FM) 7-22 *Army Physical Readiness Training* (October 2012), prescribes the execution of the Army Physical Readiness Training System with linkage to the Army Force Generation (ARFORGEN) model. While the philosophy was sufficient at the time, a more holistic “whole-person” approach is required to maximize personal readiness. This model has been synchronized with the VA’s recent successful healthcare shift from a “find-it, fix-it” disease-based approach to holistic health optimization with skill-building and support. The goal moves from healing injury to preventing injury, through integrated and immersive performance training.

Mental readiness will be addressed through targeted education and training on strategies and mental skills (e.g., individual goal-setting, energy management, mental toughness, character development, emotion management, cultivation of the Warrior Ethos, etc.) that enhance Soldier performance.

Spiritual readiness will be addressed through the lens of personal, philosophical, psychological, and/or religious teachings and beliefs. These elements help define the essence of a Soldier, enabling him or her to build inner strength, behave ethically, persevere through challenges, and be resilient when faced with adversity.



# What are the daily basics of Holistic Self-Care?

## *3 + 4 Formula*

- **“SEE”** clearly: *Sleep, Eat, Exercise*  
(watch alcohol & caffeine usage) manage stress
- **Consciously focus on what you are doing to take care of yourself holistically: *physically, emotionally, relationally, & spiritually***

**What are your  
thoughts or questions  
on  
Whole Person  
Health and Self Care?**